

KING 5 NEWS HOLIDAY COOKBOOK



"An old Palmer family favorite these, collected from the cook on an Alaska-bound ocean-going tug in the mid-1930's by my father. These flapjacks will also work on mornings other than Christmas; better, in fact, because then you won't have to try to dribble them into Santa shapes for the little ones."

Greg Palmer



CHRISTMAS MORNING PANCAKES

- 4 eggs
- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- A hefty pinch salt
- A hefty pinch sugar
- Less than 1 quart of buttermilk, but not much less

Separate eggs; whites in a smallish bowl, yolks in a largish bowl, shells in the garbage.

Set aside whites and garbage. Ignore garbage from here on.

Combine flour, baking soda, baking powder, salt and sugar; sift into large bowl where the yolks have been patiently waiting.

Add about half a quart of buttermilk. Stir. Add more buttermilk til the mixture just drips and doesn't glop.

You should have between an eighth and a quarter of the buttermilk left. Return that to the fridge til it gets very smelly in a few weeks time and you have to throw it away.

Set large bowl aside.

Beat egg whites til stiff — the egg whites, that is.

HAND FOLD — don't beat — egg whites into yellow glop in large bowl til the final mixture is lumpy, but not horribly lumpy.

It is the not-completely-mixed-in-egg-whites that make these babies special and also a bit heavy which is the way pancakes should be.

Cook in the standard way; the above serves 4 medium eaters.

"This is for the growing millions who must cut back on salt and sodium and yet can't imagine life without Saturday and holiday morning pancakes.

They're not bad. My kids eat them every weekend and never know the difference. If the recipe can pass those two fussy mouths, it will work in your kitchen!"

Mike James



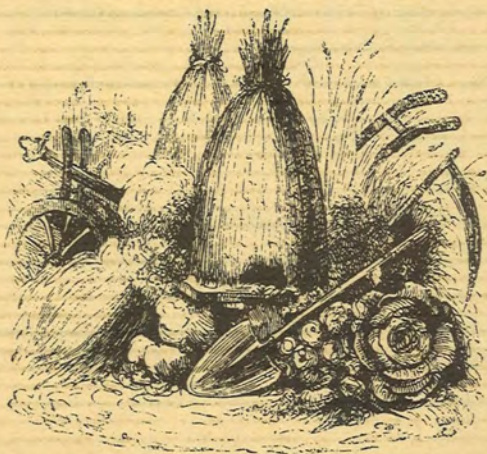
MIKE JAMES' LOW-SODIUM PANCAKES

Break 2 eggs into a bowl and add 4 teaspoons of low-sodium baking powder (this you have to buy in a health food store or Fred Meyer), $\frac{1}{4}$ teaspoon of potassium bicarbonate (this is instead of baking soda — SODIUM bicarbonate — and you'll have to find it at a drugstore. Benson's on Seattle's Capitol Hill has it), and a good-sized pinch of mustard.

Beat this with a wire whisk until it is frothy, then add a cup of milk laced with a teaspoon or so of fresh lemon juice. Stir, then slowly beat in 1 cup of white flour until the batter is smooth and ready.

Melt some unsalted margarine in a skillet, then wipe the pan with paper towels and start making those pancakes!

Served with unsalted butter or margarine and a sweetener of some kind these are light and wonderful pancakes... and NO sodium!



Mike James is anchor for Top Story, weeknights.



Lori Matsukawa

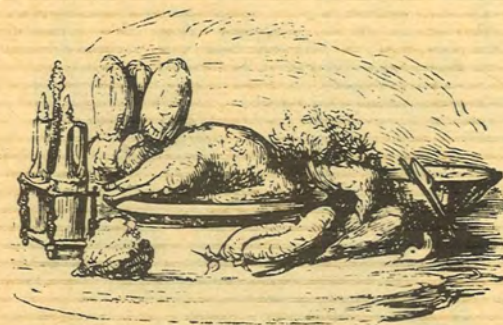
LORI MATSUKAWA'S "YUMMY STIR-FRY CHICKEN"

- 8 chicken thighs, skinned, boned and cut into bite size chunks
- $\frac{1}{4}$ cup cornstarch
- $\frac{1}{4}$ cup oil
- 1 large ripe tomato, cut into bite size pieces
- 1 4 oz. can sliced water chestnuts (drained)
- 1 4 oz. can sliced mushrooms (drained)
- 1 cup green onion stalks cut into 1-inch pieces
- 1 cup celery, slant-cut
- 1 tsp. MSG
- $\frac{1}{8}$ tsp. garlic powder (or more to taste)
- $\frac{1}{4}$ cup soy sauce

Dredge chicken pieces in cornstarch. Brown in oil on high heat. Add more oil if needed.

Add remaining ingredients and stir-fry for 5 minutes.

Serve immediately over steamed white rice or over shredded iceberg lettuce.



Lori Matsukawa is anchor for Top Story, weeknights.



Quite the outdoorsman, Don says his spicy masterpiece is great as a cold weather stew on ski outings. It's also excellent as a topping for burritos and other Mexican dishes.

"Warms the innards..."

Don Madsen

MADSEN'S GREEN CHILI STEW

- 4 pounds lean pork diced
 - 8 cups of chicken broth...homemade or 6 10½ oz. cans
 - 4 7 oz. cans of chopped mild or "hot" green chili
- Fresh green chili is even better when available.

Brown diced pork in large dutch oven.

Add all other ingredients and simmer for at least 2 hours or until pork is tender.

Thicken as desired with cornstarch-water mixture.



Don Madsen is anchor for KING 5 News, 6:30 a.m., weekdays.



Chuck F. Wiese

WIESE FAMILY HOLIDAY CARBONARA PASTA

- 5 to 6 eggs
- 1 cup grated parmesan cheese
- 12 slices bacon or Canadian bacon
- 1 small onion — chopped fine
- 1 pound of long pasta noodles

Beat eggs in small bowl and add pepper.

Saute bacon until crisp.

Remove bacon from pan. Saute onions until golden (5 minutes).

Pour out ¼ of drippings and set aside.

Cook pasta 10 minutes and warm large bowl in oven.

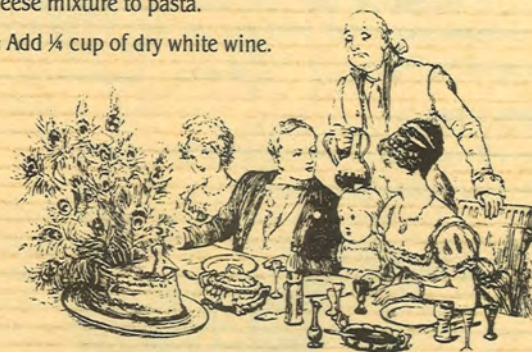
Drain pasta and place in heated bowl.

Add drippings after adding bacon and onions.

Mix together eggs and cheese.

Add egg/cheese mixture to pasta.

Final touch: Add ¼ cup of dry white wine.



Chuck Wiese is weather anchor for KING 5 News, weekends.

Cooking is one of Aaron's favorite hobbies. This delicious recipe was created in his own kitchen.

Aaron Brown



AARON BROWN'S ORIGINAL CLAM CHOWDER

Bacon
1 medium onion
1 cube butter
Celery, peppers, red potatoes
¼ cup flour
1 cup half and half
1 24 oz. can Clam Nectar
Fresh, frozen or canned clams to taste

Cook 5 pieces of bacon — chopped — in large kettle until half way done. Add 1 medium onion — chopped — and a stick of butter.

Cook until golden.

Add chopped celery, peppers and red potatoes to taste.

Cook until coated with butter.

Add ¼ cup flour. Cook slowly, stirring constantly. (Do not burn!)

Add 1 cup of half and half. Cook slowly until it starts to thicken.

At this point you have a thick, white and ugly mess. You are doing fine.

Add 24 oz. of Clam Nectar and 1 cup of water.

Add clams to taste. Stir.

Simmer until potatoes are soft. Salt and pepper to taste.

Other seafoods may be added also.



Aaron Brown is anchor for KING 5 News, weekdays.

"A holiday tradition for my family. A day of shopping and a day of cooking for me."

Jean Enersen

Tangy with sour cream, lightened with beaten egg whites and flavored with crystallized ginger and dark rum, this 9-inch pie can be prepared up to a day in advance.



JEAN ENERSEN'S GINGER RUM PUMPKIN PIE

Flaky Pastry Shell Ingredients:

1½ cups flour
¼ teaspoon salt
6 tablespoons cold, unsalted, sweet butter
1 egg yolk
4-5 tablespoons ice water
light corn syrup (optional)

Pie Filling Ingredients:

1½ cups solid-packed pumpkin
½ cup packed dark brown sugar
¼ cup granulated sugar
3 egg yolks, beaten
1 cup dairy sour cream
¼ teaspoon salt
½ teaspoon ground nutmeg
1 2-ounce jar crystallized ginger, minced
3 tablespoons dark Jamaican rum
3 egg whites, room temperature
2 tablespoons granulated sugar
1 cup whipping cream
crystallized ginger slivers

Make Flaky Pastry Shell.

Heat oven to 350°. Combine pumpkin, brown sugar in top of double boiler. Beat in egg yolks, sour cream, salt and nutmeg. Cook, stirring occasionally, over simmering water until mixture thickens, about 5 minutes; remove from heat. Fold in minced ginger and 3 tablespoons rum. Cool to lukewarm.

Beat egg whites in small mixer bowl until foamy. Gradually beat in 2 tablespoons granulated sugar; beat until stiff. Fold egg whites into pumpkin mixture; spoon into pastry shell. Bake just until filling is set, 40 to 45 minutes. Cool on wire rack. Serve at room temperature or refrigerate until cold.

Beat whipping cream in chilled small mixer bowl until soft peaks form; add 2 tablespoons rum; beat until stiff. Garnish pie with whipped cream and ginger slivers.

Flaky Pastry Shell

Mix flour and salt in medium-size bowl. Cut in butter until mixture resembles fine crumbs. Stir in egg yolk and enough of the water just until mixture cleans side of bowl. Gently shape dough into 1-inch thick circle. Refrigerate wrapped in plastic wrap 2 hours.

Heat oven 425°. Roll pastry on lightly floured board into 11-inch circle; fold into quarters. Ease and unfold pastry into 9-inch pie plate. Trim edge, leaving 1-inch overhang; fold overhang under; flute edge. Line shell with foil; fill with dried beans or rice. Bake on baking sheet 10 minutes. Remove beans and foil; bake until golden, about 10 minutes. Brush edge with corn syrup. Cool on wire rack.

Jean Enersen is anchor for KING 5 News, weekdays.



"This is one of my favorite holiday recipes. It's a change from the leftover turkey and is as traditional in our house as the turkey. You'll notice there aren't any real measurements. We do this by feel and a sniff as we cook."

Lou Bellos

THE GELLOS' TRADITIONAL RICE PILAF

Saute chopped onions in unsaturated fat oil until onions are transparent.

Depending upon number of people to be served, add chicken pieces.
(I recommend breasts, but thighs are also good.)

Squeeze as much juice as possible from 1 lemon over chicken and onions.
(This is the key to the whole thing, I think.)

Cook for 40 minutes over medium heat.

Add a medium can of tomatoes and water until the chicken is covered.
(Again, this depends upon the number of pieces of chicken and size of the pan.) Add about one third of a standard box of rice.

Mix together, cover, and simmer over medium heat for approximately 20 minutes...stirring occasionally.

Remove from heat and let stand for 10 minutes before serving.

What you don't eat that night is great reheated the next day.



Lou Gellos is anchor for KING 5 Sports, weekends.



Most ingredients for this lasagna can be found fresh at DeLaurenti's in Seattle's Pike Place Market.

Tony Ventrella

TONY VENTRELLA'S KING 5 SPORTS LASAGNA

- 4 sheets of lasagna noodles, cut into strips
- 1 pound mozzarella sliced
- ½ pound grated Parmesan
- 2 containers of Ricotta cheese
- large kettle of your favorite spaghetti sauce

Spread a layer of sauce in bottom of large lasagna pan.

Top with a layer of lasagna noodles followed by another layer of sauce.

Spread a layer of Ricotta cheese. (Spreads easier if you mix in an egg or two.)

Top with layer of mozzarella. Sprinkle layer of parmesan.

Continue layers and top with parmesan.

Bake at 350° until it bubbles. Makes enough for practically a whole football team.



Tony Ventrella is anchor for KING 5 Sports, weekdays.



Jeff Simmons

GREAT GRANDMA SIMMONS' EGGLESS, MILKLESS, BUTTERLESS CHRISTMAS CAKE

- 2 cups raisins
- 1 cup sugar
- 1 cup water
- ½ cup shortening
- 2 cups all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves
- 1 teaspoon soda
- 1 tablespoon boiling water

Mix raisins, sugar and water. Boil for 3 minutes. Add shortening.

When cold, add flour, baking powder, salt, cinnamon, nutmeg and cloves (sifted together), and soda, dissolved in 1 tablespoon boiling water.

Bake in greased loaf pan at 350° for 30 minutes.

Optional: Use your favorite confectioner's sugar glazing or rum sauce!



Jeff Simmons is anchor for KING 5 News, weekends.



Hattie Kauffman



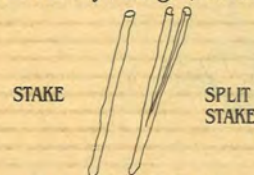
TRADITIONAL NORTHWEST COASTAL STYLE ALDER SMOKED SALMON

- 1 salmon (5 to 6 pounds)
- a little salt (optional)
- a shovel
- matches
- firewood (must be alderwood...don't try any other kind or it won't taste like alder-smoked salmon)
- 1 wooden stake about 3 feet long. (Yellow or red cedar is the best wood to use here.)
- several small cedar sticks...about one foot long. (These could be shavings from the cedar stake.)

Dig a trench in your back yard, 1 foot deep, 4 feet long.

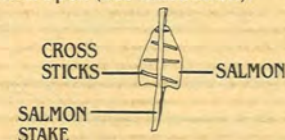
Build a fire in the trench using the alderwood. (DON'T use the stakes as kindling! You'll need the stakes in the next step.)

Take the cedar stake and split it down the middle lengthwise, but be careful NOT to split it all the way through (see illustration).



Slide the de-boned, fileted salmon into the split cedar stake.

Take the small cross-sticks, and slide them through the stake...positioning them to hold the salmon open (see illustration).



Secure the top of the stake. You can tie it with wire, or buckskin, something not too flammable.

Drive the stake into the ground about 1 foot to 18 inches away from the fire. The skin side of the salmon should face away from the fire, exposing the meat side to the flame. The whole thing should incline slightly toward the fire (see illustration).



Keep the flames going (this is not charcoal broiling, coals don't work). You need flames, but not TOO hot.

The salmon should be ready to eat in about 40 minutes. You know it's done when it begins to turn light brown, and when it stops dripping.

Serve immediately. You'll have an Alder Salmon Feast, enough for 10 people.

Hattie Kauffman is anchor for KING 5 News, weekends.

Jeff and his wife Sue do a great deal of year 'round entertaining aboard their sailboat. This recipe is a favorite.

Jeff Renner



JEFF RENNER'S PINA COLADA

1½ oz. dark rum
2 to 3 ice cubes
1 to 2 scoops coconut ice cream
1 cup pineapple juice

Mix in blender and add grated coconut.

Best served in open coconut shell under swaying coconut trees accompanied by Calypso or Reggae to taste.



Jeff Renner is weather anchor for KING 5 News, weeknights.